

# Castle Mountain Resort School Program Chaperone Information Package

The aim of Physical Activity Programs in Alberta Schools is to provide students with the opportunity to participate in a variety of sports and activities which will foster physical wellbeing and will enable students to develop the knowledge, skills, and attitudes necessary to lead an active, healthy lifestyle.

This year, your school has chosen to participate in the School Program at Castle Mountain Resort (CMR). This School Program has been designed in accordance with the ASBIE guidelines for Off-Site trips and the Safety Guidelines for Physical Activity in Alberta Schools. These guidelines also meet our Chinook School Division Physical Education Safety Guidelines. Field trips such as this are a wonderful opportunity for students to experience a new sport and/or to further develop their skills in a controlled environment.



Date of Visit:     **April 3-5, 2020**

Departure from School:     **4:00 PM April 3**

Return to School:     **10:30 PM Sun April 5**

Transportation:     **Bus**    **Car**    Other

2.25hrs SOUTH of Calgary  
1.5hrs WEST of Lethbridge  
1.5hrs NORTH of US border

While every effort is made to reduce the risk of injury, it is important to be aware that there are hazards associated with all sports including skiing and snowboarding. Your school, the Safety Guidelines for Physical Activity in Alberta Schools, Chinook Physical Education Safety Guidelines, and CMR Snow School strive to mitigate these risks by requiring all students to participate in a lesson appropriate for their skill level. All the teaching staff at CMR are Canadian Ski Instructors Alliance (CSIA) or Canadian Association of Snowboard Instructors (CASI) certified or international equivalent and experienced instructors. Helmets are required by ASBIE and Chinook Safety PE Policy guidelines and are available to rent. If your student is involved in an accident while on CMR property, qualified staff at CMR will respond accordingly and you will be notified according to school policy.

If the trip must be cancelled, you will be notified by the school and alternative arrangements will be made.

If you have any questions, please contact:

Supervising Teacher:     **Miss Jennifer Foley**

Phone:     **306-297-2733 Ext 241**

Email:     **jfoley@chinooksd.ca**

# Castle Mountain Resort School Program

## Forms

The following forms must be completed and returned to your school by (date) Mon March 16

- Ski & Snowboard Registration Form
- Rental Agreement & Information
- Acknowledgement of Risk, Informed Consent, Medical Information & Release Form

## Terrain Park

The Terrain Park is OFF LIMITS for all students visiting with a school group.

## Equipment

Proper attire is important for the safety of your child and to ensure they have a good experience outside all day. Check our website [[www.skicastle.ca](http://www.skicastle.ca)] for current snow and weather conditions.

The following equipment is recommended:

- **Layered clothing is best for all outdoor recreation**
- **Sunscreen and lip protection are important even on overcast days...watch the UV and the weather forecast.**
- Knee-high socks are preferable over ankle socks which will slide off and get bunched up in boots
- Pants go outside the boots – only long-johns and socks should be inside your boots
- Jeans are NOT appropriate, instead wear waterproof pants or snow pants
- Weatherproof mitts or gloves – thin wool, cotton or polyester gloves will not keep your hands warm
- An extra pair of socks and mitts are always a good idea
- A light toque, balaclava, or kerchief will fit under your helmet to keep you warm. NO long scarves.
- Goggles or sunglasses
- Wrist protection for snowboarders.
- NO jewelry recommended.
- Tie back or tuck in long hair.
- Change of warm, dry clothes for the drive home
- Enough food and snacks for the whole day and the drive home

The cafeteria will be open and a variety of items can be purchased there or you can pre-order a food voucher which can be used for a hot dog, hamburger, or cheeseburger with fries and a small beverage. If you decide to bring your own lunch and snacks, try to bring items of good nutritional value such as fruit, granola bars, nuts, raisins, and veggies. Skiing and snowboarding require a lot of energy and you will be hungry!



# Castle Mountain Resort School Program

## Lessons

Following the measures laid out in the Safety Guidelines for Physical Activity in Alberta Schools (June 2013) “All students should be grouped appropriately and must participate in a lesson”. Following the measures laid out in the Chinook School Division Physical Education Safety Guidelines (April 2014), “Test and group students appropriately as determined by a qualified ski instructor in order to participate in an appropriate lesson.” Lessons will be skill specific for all ability levels from first-time beginners to expert skiers/snowboarders. Please use the following guide to estimate ability level. This estimation will be verified by certified instructors at CMR on the day of the trip.

### SKIING

- Level 1            Never skied before OR skied once or twice (unable to stop)
- Level 2            Able to stop and can complete basic turns on gentle terrain; beginning to link turns
- Level 3            Able to link wedge turns on beginner terrain; beginning to ski parallel from middle to the end of the turn
- Level 4            Able to ski consistently on parallel edges on all green and blue terrain
- Level 5            Able to ski parallel on black diamond terrain in all snow conditions (Expert Terrain skier)

### SNOWBOARDING

- Level 1            Never ridden before OR ridden once or twice with little success
- Level 2            Able to side slip (on both toe and heel edge) across green terrain in both directions; beginning to link turns
- Level 3            Able to confidently link skidded turns on green and blue terrain
- Level 4            Edging or carving becoming more predominant. Linked turns are using lower body with less upper body rotation. Able to ride all expert terrain confidently

## Chaperone Plan

Proper chaperoning is an essential portion of any trip. Ultimately, the task of chaperoning and supervision of students is the responsibility of our school as outlined by Chinook Division policy. Thank you for committing in this way and making this trip possible!

We will be submitting a Chaperone Plan at least two weeks prior to our visit to ensure our trip runs smoothly and we are able to access the offered complimentary 1:10 chaperone rates. All additional chaperones will have access to discounted lift ticket & rental rates. This plan will include having chaperones on the hill and at the Main Lodge at all times when the hill is open.

Our students will also be taking full day (4 hour) lessons on Saturday to increase supervision as they acclimatize our first day on the hill.



# Castle Mountain Resort School Program

## School Groups Chaperone Information Sheet

Thank you for volunteering to come out with your children to help make their day at Castle Mountain Resort a success! To help everything run smoothly, we have compiled some information you should be familiar with before the date of your visit.

### Our School Program

Our certified instructors are all well trained and experienced in running our School Group program. Once your students have arrived safely at the mountain, we will have instructors positioned throughout the base area to greet students and direct them to where they need to be.

### Some important things for you to know:

Our School Group program has been designed in accordance with the ASBIE guidelines for school trips and in addition meets Chinook School Division Physical Education Safety Guidelines. Chinook Division guidelines state that:

- i. Test and group students appropriately as determined by a qualified ski instructor in order to participate in an appropriate lesson.
- ii. Teach the importance of skiing/snowboarding in control at all times. Discourage hot-dogging and jumping.
- iii. Ensure that students are thoroughly familiar with alpine skiing safety rules (including lift procedures) and the role of ski patrol.

**These measures, taken to prevent injury and to adhere to the school board's insurance policy, cannot be circumvented by a parent/chaperone.**

### Schedule for Full Day Lessons - Saturday

- 8:45-9:30am Arrival by bus or car (depending on your chosen arrival time)  
**By bus** - Students will be directed to stay on the bus until an instructor comes on board to greet them, give an overview of their day, and hand out lift tickets  
**By car** - Please sit in the SAME area in the Day Lodge as other families/students from your school. An instructor will visit your group to greet students and hand out lift tickets.  
Adult/Chaperone lift tickets will be given to the supervising teacher and will be handed out accordingly. Please see your supervising teacher if you need a lift ticket.
- 9:00-9:30am (Depending on your chosen arrival time) As students collect their rental equipment and head outside, they would then meet their instructors for their lesson by the trail map.
- 9:30-11:30am 2 hour lesson
- 11:30-12:30am 1 hour lunch. Instructors will bring students to chaperones/teachers at designated area in day lodge for lunch. This will be supervised by the school chaperones.
- 12:30-2:30pm Meet back at the trail map with same instructor as in the morning and commence 2 hour PM lesson.
- End of the day: (As arranged with your school/bus drivers)  
Students must return all rental equipment **to the Rental Shop**

### Schedule for 1 Hour Lessons - Sunday

- 8:45-9:30am Arrival by bus or car (depending on your chosen arrival time)  
**By bus** - Students will be directed to stay on the bus until an instructor comes on board to greet them, give an overview of their day, and hand out lift tickets  
**By car** - Please sit in the SAME area in the Day Lodge as other families/students from your school. An instructor will visit your group to greet students and hand out lift tickets.



## Castle Mountain Resort School Program

Adult/Chaperone lift tickets will be given to the supervising teacher and will be handed out accordingly. Please see your supervising teacher if you need a lift ticket.

9:00-9:30am (Depending on your chosen arrival time) As students collect their rental equipment and head outside, an instructor will direct them to either a beginner lesson or the Stamp Test

Beginners -> Beginner lessons will commence from the Trail Map in the base area

Int./Advanced -> The first Stamp Test will commence from the top of the Green chairlift  
this is for ALL intermediate and advanced skiers and snowboarders

**\*Please Note: ALL skiers and snowboarders MUST check in with an instructor before heading up the lift\***

10:30-11:00am Intermediate and Advanced lessons will commence from the Trail Map in the base area. The exact lesson time will vary day to day but every student who has been through the morning Stamp Test will have their lesson time and lesson designation written on the back of their lift pass.

1:30pm 2<sup>nd</sup> Stamp Test – this is for students who have spent the morning practicing on the Green chairlift and want to try for their Huckleberry stamp. ONLY Huckleberry stamps will be given during this Stamp Test.

\*\* Stamps for the Blue or Red chairlifts can **only** be earned during lessons.

End of the day: (As arranged with your school/bus drivers)

Students must return all rental equipment **to the Rental Shop**

Our priority is to get all visiting students on the snow as quickly as we can so they can get the most out of their exciting trip to Castle Mountain! If you have any questions throughout the day, please first consult your supervising teacher.

### Ability Assessment Chart

LEVEL	SKIING	SNOWBOARDING
<b>1</b>	<ul style="list-style-type: none"> <li>No experience or still working on speed control and turning</li> </ul>	<ul style="list-style-type: none"> <li>No experience or still working on speed control with side slipping</li> </ul>
<b>2</b>	<ul style="list-style-type: none"> <li>Able to control speed and link turns on steeper Green runs, Tumbleweed off the Huckleberry chairlift</li> </ul>	<ul style="list-style-type: none"> <li>Can pendulum down steeper Green runs, able to turn edge to edge at slow speeds</li> <li>Has been up the Huckleberry chairlift</li> </ul>
<b>3</b>	<ul style="list-style-type: none"> <li>Starting to ski parallel at end of turn, working on pivoting to create separation</li> <li>Huckleberry: Tumbleweed and Buffalo Flats</li> </ul>	<ul style="list-style-type: none"> <li>Able to turn edge to edge, steering with the lower body</li> <li>Huckleberry: Tumbleweed, Buffalo Flats</li> </ul>
<b>4</b>	<ul style="list-style-type: none"> <li>Skis parallel throughout the turn, working on maintaining balance on outside ski, pole planting, edge grip on steeper terrain</li> <li>Huckleberry: Tumbleweed, Pony Express, Lone Ranger</li> <li>Sundance: North and South Roads</li> </ul>	<ul style="list-style-type: none"> <li>Able to turn continuously down steep Green runs, working on basic freestyle skills and progressing to steeper terrain</li> <li>Huckleberry: Tumbleweed, Pony Express, Lone Ranger</li> <li>Sundance: North Rd.</li> <li>Tamarack: Bandito, Sendero</li> </ul>
<b>5</b>	<ul style="list-style-type: none"> <li>Strong parallel skier, has separation between upper and lower body with edge grip</li> <li>Sundance: South Rd., Centre</li> <li>Tamarack: Sheriff, Bandito, Sendero</li> </ul>	<ul style="list-style-type: none"> <li>Able to carve, linking turns of varied shape and size, comfortable riding switch</li> <li>Sundance: Centre</li> <li>Tamarack: Sheriff, Bandito, Sendero</li> </ul>





# ALPINE RESPONSIBILITY CODE



THERE ARE ELEMENTS OF RISK THAT COMMON SENSE AND PERSONAL AWARENESS CAN HELP REDUCE, REGARDLESS OF HOW YOU DECIDE TO USE THE SLOPES, ALWAYS SHOW COURTESY TO OTHERS. PLEASE ADHERE TO THE CODE LISTED BELOW AND SHARE WITH OTHERS THE RESPONSIBILITY FOR A SAFE OUTDOOR EXPERIENCE.

- |   |   |    |   |
|---|---|----|---|
| 1 | <i>Always stay in control. You must be able to stop or avoid other people or objects.</i>   | 6  | <i>Always use proper devices to prevent runaway equipment.</i>  |
| 2 | <i>People ahead of you have the right-of-way. It is your responsibility to avoid them.</i>  | 7  | <i>Observe and obey all posted signs and warnings.</i>  |
| 3 | <i>Do not stop where you obstruct a trail or are not visible from above.</i>  | 8  | <i>Keep off closed trails and closed areas.</i>   |
| 4 | <i>Before starting downhill or merging onto a trail, look uphill and yield to others.</i>   | 9  | <i>You must not use lifts or terrain if your ability is impaired through use of alcohol or drugs.</i>   |
| 5 | <i>If you are involved in or witness a collision or accident, you must remain at the scene and identify yourself to the Ski Patrol.</i> | 10 | <i>You must have sufficient physical dexterity, ability and knowledge to safely load, ride and unload lifts. If in doubt, ask the lift attendant.</i> |

**Know the Code - Be Safety Conscious  
It Is Your Responsibility**



# Castle Mountain Resort School Program Chaperone Registration Form

**\*To be returned to the school\***

Where: **Castle Mountain Resort**      When:     April 3-5, 2020    

Please complete the following information:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

\*CMR offers 1 complimentary chaperone per 10 students. Please confirm with Miss Foley whether you are a complimentary or paying chaperone prior to submitting payment...first come, first serve ☺

**Please circle NO or YES for each option and the associated cost:**

Required	Item	NO	YES	COST	Amount Owning
✓	Travel				\$25
✓	Group Pizza (Sat Supper)				\$10
✓	Accommodations				\$100
✓	Snowshoe Tour (Sat only)				\$16
✓	Lift Ticket (2 days)	NO – I have a season’s pass	YES	TBD Complimentary or \$49	
	Lessons (*OPTIONAL)	NO	YES	Complimentary	\$0
✓	Rental – 2 days (includes helmet)	NO – I have all my own gear	YES – <b>be sure to complete rental information below</b>	TBD Complimentary or \$30	
	Lunch Voucher (\$15 per day)	NO	YES - Voucher for hotdog, hamburger, or cheeseburger with fries and a small beverage	\$15 x _____ (# of days)	
<b>TOTAL COST :</b>					

Please enclose cash or cheque for exact amount payable to Shaunavon High School.

## Rental Agreement and Information

**CIRCLE ONE**    Type of Equipment:                      **SKI**    or    **SNOWBOARD**

NAME (Adult)	Height (cm)	Weight (kgs)	Foot Length (cm) <i>From big toe to heel</i>	Skier/Snb Type

I, \_\_\_\_\_ agree to accept full responsibility for the care of this equipment while it is in my possession. I agree to reimburse the resort for any loss or damage to the equipment other than reasonable wear resulting from its use.

SIGNATURE: \_\_\_\_\_

**Lessons (Optional)** \*Lessons will focus on students, but Chaperones are welcome to shadow.

Ability Level (Choose one):                      1       2       3       4       5



**Castle Mountain Resort School Program**  
**SHS Chaperone Consent & Medical Release**

**\*To be returned to the school\***

**Acknowledgement of Risk, Informed Consent & Medical Release**

1. I have read through the Chaperone Information Package for this SHS GO Adventure trip to Castle Mountain Ski Resort (CMR) on April 3-5, 2020.
2. I am aware of, acknowledge, and accept that there are hazards associated with all sports, including skiing and snowboarding. I will have access to suitable equipment and clothing that will decrease weather and environment-related risk.
3. I give permission for qualified staff at CMR to respond accordingly if I am involved in an accident while on CMR property. Emergency contacts will then be notified according to school policy.
4. Current health concerns and/or allergies are:     None At This Time

\_\_\_\_\_

Chaperone Name

\_\_\_\_\_

Birthday (dd-mm-yy)

\_\_\_\_\_

Health Card Number

\_\_\_\_\_

Date

\_\_\_\_\_

Emergency Contact 1 Name

\_\_\_\_\_

Emergency Contact 2 Phone

\_\_\_\_\_

Relationship

\_\_\_\_\_

Emergency Contact 1 Name

\_\_\_\_\_

Emergency Contact 2 Phone

\_\_\_\_\_

Relationship

\_\_\_\_\_

Chaperone Signature

